



# OTTER NEWS

Issue No: 30 February 2009

## Otters H.Q.

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Hi everybody and a massive welcome to **Kurt** Godfrey-Evans, who trained with us last year and has started coming along to sessions recently, and to **Sophie** Downham, who takes up the mantle of Youngest Member. We also welcome Sheryl Tipton to the Management Group with grateful thanks for helping us to run the Club. This edition our focus is on the races that we propose targeting this summer with the hope that those of you who fancy doing one or two competitive events will attend these so that we can have a visible presence as a Club. They are also the ones that will count towards the 2009 Top Otter Group Awards.

## 2009 TOP OTTER AGE GROUP AWARDS & CLUB CHAMPIONSHIP

As a Club we are going to target 4 events which are also part of the South East Regional Series (see below for the full list):

<b>Steyping Aquathlon</b>	<b>13<sup>th</sup> April</b>	
<b>Deal Triathlon</b>	<b>23<sup>rd</sup> May</b>	
<b>Arun Triathlon</b>	<b>13th June</b>	(Club Triathlon Championship)
<b>Chichester Aquathlon</b>	<b>19th July</b>	

These 4 focus races along with the intra-club events that have been held during the Winter will be the basis of our 2009 Top Otter Group Awards (TOGA). Our Club Championship will be incorporated within the Arun Triathlon, so the best placed Otter at Bognor in each age group will be the 2009 Club Champion.

Competition is not for everybody and as a club we exist to cater for everybody's needs so there is no expectation that all the members will enter one or more of these events, but if you are thinking of doing a race this summer, it would be great if you could do one of the focus ones. We have gone for local competitions with the exception of the Deal Triathlon which comes strongly recommended by Abby Downham and Megan and Bethany Lewis who say it is a well organised and enjoyable event. The more Otters we get to an event the better the atmosphere and the more support we can give to each other.

**To help with this please can you complete and return the form at the end of this newsletter indicating which races you are going to attend and whether you could offer another member a lift to the event.**

Entry fees are set by the organisers and have to be paid on application. It is easier for individuals to enter themselves as the race details are sent to your home. The contact details for these events are provided on the next page but if you need any help please contact Otters HQ.

This year the TOGA competition will be based on the same formula as the one we have been using for our Winter Series. An individual's best 2 results will count. Everybody who starts gets 10 points and then the best placed Otter in each age group gets 10 points, the next best 9 and so on. The overall winner will be decided on the most points earned over the Winter & Summer series.

***Remember if you take part in any events this summer please tell Otter News.***

### **Steyping**

Contact Name: John Scott  
Contact Email: tri\_john@hotmail.com  
Contact Phone: 01903 879722  
Website <http://www.steyningac.co.uk/>

### **Deal**

Contact Name: Richard Horton  
Contact Email: richardhorton2@hotmail.com  
Contact Phone: 07967-629907  
Website: <http://www.dealtri.co.uk/>

### **Arun**

Contact Name: Matt Williams  
Contact Email: matt.williams@inspireleisure.co.uk  
Contact Phone: 01243 826612

### **Chichester**

Contact Name: Amy Roots  
Contact Email: aroots@chichester.gov.uk  
Contact Phone: 01243 534871  
Website: <http://www.chichester.gov.uk/index.cfm?articleid=8220>

### **Set Menu**

#### **Triathlon England South East Region Series (<http://www.southeasttri.org/childrens.htm>) TriStar & Junior Multisport Events 2009**

Steyping Aquathlon	13th April
Chapel Tri Aquathlon	19th April
Human Race Aquathlon	11th July
Chichester Aquathlon	19th July
Woking Aquathlon	27th Sept

#### **Junior Triathlon Events 2009**

Deal Tri	23rd May
Arun Tri	13th June
Human Race	04th July TBC
Blue Finns	19th July
Chapel Tri	29th August

### **A La Carte**

As well as the fixed menu you can go a la carte and we reproduce below a selection of the recommended multisport races that Val Lewis told us about in the last Otter News.

#### **April 2009**

18<sup>th</sup> Mercedes Benz\World Children's Duathlon

#### **May 2009**

03<sup>rd</sup> Hillingon Duathlon  
10<sup>th</sup> Hatch End (Harrow) Children's Triathlon  
31<sup>st</sup> Sussex Junior Aquathlon, Ardingly

#### **June 2009**

21<sup>st</sup> Thames Turbo Children's Aquathlon  
28<sup>th</sup> Summer Sizzler Triathlon, Wimborne  
28<sup>th</sup> New Forest Children's Triathlon, Southampton

#### **July 2009**

19<sup>th</sup> Andover Junior Triathlon

#### **August 2009**

29<sup>th</sup> Ringmer Children's Triathlon

## Club Kit

If you do compete at any event especially one of our focus races please would you wear an item of club kit (t-shirt, trisuit etc) as this will help us to raise the profile of the Club in the area.

We have just taken delivery of some more trisuits in the small sizes and we're offering everything (fleeces, t-shirts, trisuits, cycle tops) until further notice at the knockdown Autumn Sale prices:

Children's T-Shirts	£4.00	Children's Fleeces	£9.00
Adults T-Shirts	£5.00	Adults Fleeces	£11.00
Tri Suits	£24.00	Cycle Tops	£12.00

All items available from Robert Downham. Let him know what you want and he'll bring the item along to a session.

**Don't forget to claim your free pair of elastic laces!**

## Race Distances

extract from British Triathlon Rule Book

30.2 The following maximum race distances are applicable at each (*Tristar*) age group:

Triathlon	Swim	Cycle (Grass)	Cycle (Tarmac)	Run
Start	50m	800m	1500m	600m
T1	150m	2km	4km	1200m
T2	200m	4km	6km	1800m
T3	300m	6km	8km	2400m

Duathlon	Run	Cycle (Grass)	Cycle (Tarmac)	Run
Start	400m	800m	1500m	200m
T1	1200m	2km	4km	400m
T2	1600m	4km	6km	600m
T3	2000m	6km	8km	800m

Aquathlon	Swim	Run
Start	50m	600m
T1	150m	1500m
T2	250m	2000m
T3	400m	3000m

30.3 Youths may take part in events up to and including **Sprint** distance.

Swim	Cycle	Run
750m	20km	5,000m

## 2009 Age Groups

Sophie	Downham	13/12/2001	S	Eloise	Walker	16/02/1999	1
Edward	Taylor	21/01/2000	1	Ollie	Rowley	22/02/1999	1
Bethany	Lewis	17/02/2000	1	Tom	Rowley	22/02/1999	1
Joe	Birch	11/08/2000	1	Elliot	Parkman	20/09/1999	1
Harry	Tipton	18/08/2000	1	Jack	Hopkins	04/10/1998	2
Jack	Churchill	28/09/2000	1	Megan	Lewis	03/07/1997	2
Abby	Downham	23/01/1999	1	Max	Birch	16/10/1997	2

*Continued over the page*

## 2009 Age Groups

Ellen	Birch	11/05/1996	3	Dan	MacDonald	17/04/1994	Y
Dan	Parkman	22/07/1996	3	Jacques	Williams	29/05/1994	Y
Iain	Taylor	19/04/1995	3	Louise	Maloney	18/08/1994	Y
Elissa	Flynn	09/06/1995	3	Sam	Maloney	10/03/1993	Y
Becky	Rodemark	06/07/1995	3	Peter	Flynn	20/03/1993	Y
Millie	Rodemark	06/07/1995	3	Bethany	Taylor	24/03/1993	Y
Catherine	Helmer	20/08/1995	3	Hannah	Seth	10/05/1993	Y
Kurt	Godfrey Evans		3	Victoria	Seth	10/05/1993	Y
Amy	Rodemark	07/02/1994	Y				
Sam	Poppeliers	05/03/1994	Y				

***If we have your details down incorrectly, please contact Otters HQ***

### WINTER SERIES

Patchy ice on the Promenade was evidence enough that the air temperature on 24<sup>th</sup> January was low for Race 5 but at least this time the wind speed was down and it wasn't raining. A turnout of 19 across all the ages meant a mass start for the run as we repeated the reverse aquathlon format. Swim times were generally slower than before but this was only to be expected as everybody had already done a run and the impact of coming in from the cold had an effect as well. Taking part in her first ever multisport event was **Sophie** Downham, who has only just turned 7, and she coped really well with the demands of each stage. There is quite a tussle developing between **Harry** Tipton and **Joe** Birch who are evenly matched but on this occasion Harry took the honours. Although trailing on the run, **Jack** Churchill put in a faster swim than both the other lads. **Bethany** Lewis will race in the T1 age group in 2009 and so she took on the longer distances this time out and showed she is more than ready for the step up with good times in both disciplines. **Eloise** Walker's superior run time gave her the advantage over **Abby** Downham, who was faster in the pool. **Ed** Taylor continues to impress on the run and dominate the T1 Boys competition whilst **Elliott** Parkman performed well in the pool to head **Tom** Rowley whose brother **Ollie** did not complete the swim after putting in a very good run time. **Megan** Lewis was unopposed in the Girls T2 race but recorded a high-quality run time nonetheless. **Max** Birch consolidated his lead in the Boys T2 overall ranking with a steady all round performance whilst **Jack** Hopkins now must deal with the longer distances as he moves up an age group in 2009, and he seemed to cope admirably. The heroic performance of the day came from **Millie** Rodemark who ran in borrowed size 9 trainers which must have been uncomfortable from the start but she embodied the adage that quitters never win, and winners never quit, to complete the course in a respectable time. **Ellen** Birch stuck to her task well to deliver a steady performance as she comes to terms with dealing with the longer distances for this older age group. The class act of the day was new member **Kurt** Godfrey-Evans whose relaxed running style soon had him leading the field and if he can reduce his swim time, which is by no means weak, he could challenge for a podium place in the Regional Series this summer. **Dan** Parkman ran 1 lap more than his fellow competitors – either Maths is not his strong subject or he's not keen on swimming! – but fair play to him he never complained. **Sam** Poppeliers completed the entire run which is a tremendous improvement on last season and was only unable to complete the swim when our pool time ran out. Very many thanks to the hard working officials on poolside – Ann, Niki, Graham and Val who had to record the times and collate the results which is no easy matter. Thank you too to all who helped marshal the run course and manage lap control especially Jack Hopkins who was stuck out at the turn point on the eastern end of the lap. Well done to all the athletes for your effort and enthusiasm which continues to impress us all.

*Results over the page*

## Aquathlon 5 (Outside-In) 24 January 2009

Tristar Start Girls		Run & Trans 600m	Swim 2 lengths	Overall
1	Sophie Downham	4 : 56	2 : 06	7 : 02

Tristar Start Boys		Run & Trans 600m	Swim 50m	Overall
1	Harry Tipton	3 : 52	1 : 17	5 : 09
2	Joe Birch	3 : 57	1 : 23	5 : 20
3	Jack Churchill	4 : 48	0 : 43	5 : 31

Tristar 1 Girls		Run & Trans 1200m	Swim 4 lengths	Overall
1	Bethany Lewis	6 : 57	2 : 58	9 : 55
2	Eloise Walker	7 : 59	3 : 56	10 : 55
3	Abby Downham	9 : 51	3 : 34	13 : 25

Tristar 1 Boys		Run & Trans 1200m	Swim 4 lengths	Overall
1	Edward Taylor	6 : 12	3 : 22	9 : 34
2	Elliot Parkman	7 : 33	3 : 13	10 : 46
3	Tom Rowley	6 : 52	4 : 00	10 : 52
4	Ollie Rowley	6 : 48	DNF	DNF

Tristar 2 Girls		Run & Trans 1800m	Swim 6 lengths	Overall
1	Megan Lewis	9 : 40	4 : 08	13 : 48

Tristar 2 Boys		Run & Trans 1800m	Swim 6 lengths	Overall
1	Max Birch	11 : 24	4 : 56	16 : 20
2	Jack Hopkins	11 : 35	5 : 46	17 : 21

Tristar 3 Girls		Run & Trans 3000m	Swim 12 lengths	Overall
1	Millie Rodemark	18 : 49	9 : 18	28 : 04
2	Ellen Birch	19 : 09	10 : 14	29 : 23

Tristar 3 Boys		Run & Trans 3000m	Swim 12 lengths	Overall
1	Kurt Godfrey-Evans	17 : 08	7 : 49	24 : 57
2	Dan Parkman#	17 : 38	8 : 10	25 : 48
3	Sam Poppeliers*	21 : 36	8 : 24	30 : 00

# Dan ran an extra lap so his time is pro rata on the basis of his actual time of 21:09 for 6 laps. Under normal race conditions the actual time of 29:19 would stand as it is the athlete's responsibility to count his/her laps.

\* Sam swam 8 lengths

## INTRA CLUB RANKINGS – WINTER SERIES

10 points for taking part. 10 points for fastest time, 9 for second, 8 for third etc. Best 2 scores from Races 1 - 4 added to score from Race 5 determines current ranking position.

<b>Tristar Start</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	
Bethany Lewis	20		20	20		40
Sophie Downham					20	20
Joe Birch	19	19	20	20	19	59
Harry Tipton		20		19	20	59
Jack Churchill			19		18	37
Elliott Parkman	20					20
Ollie Birch		10				10

<b>Tristar 1</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	
Eloise Walker		20	20	20	19	59
Abigail Downham	20	19	19		18	57
Bethany Lewis					20	20
Edward Taylor	20	20	19	20	20	60
Elliot Parkman		19	16	18	19	56
Tom Rowley	19		18		18	55
Ollie Rowley	17		20		10	47
Jack Hopkins	18	18	17	19		37

<b>Tristar 2</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	
Megan Lewis	20		20	20	20	60
Ellen Birch	19	20	18	19		39
Max Birch		19	19		20	58
Daniel Parkman				20		20
Jack Hopkins					19	19

<b>Tristar 3</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	
Millie Rodemark	20	20	20	20	20	60
Elissa Flynn	19	19				38
Becky Rodemark	18		19	19		38
Ellen Birch					19	19
Daniel Parkman	10	20	20		19	59
Sam Popelliers		19			18	35
Iain Taylor	20		10			30
Daniel MacDonald				20		20
Kurt Godfrey-Evans					20	20
James Hopkins				19		19

<b>Youth</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Race 5</b>	
Jacques Williams	20		20			40
Bethany Taylor	20					19

Shaded area indicates an athlete has competed in 2 age groups.

## I.C.E. Campaign

Most of us carry a mobile phone with names & numbers stored in its memory. If we were involved in an accident or taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence the 'ICE' (In **C**ase of **E**mergency) Campaign. The concept of 'ICE' is catching on quickly, all you need to do is store the number of a person or persons who should be contacted in an emergency under the name 'ICE' in your mobile's address book. The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with casualties but the ambulance crew didn't know which number to call. In an emergency situation, Emergency Service personnel and hospital staff can quickly contact the right person by simply dialling the number you have stored as 'ICE'. We have all our members' ICE details with us at sessions but what about when you are out on your own?

## FIRST AIDERS

Do you hold a valid first aid qualification either as result of your work or from helping with another organisation? It would be useful to know as although most of our sessions are at venues with first aiders on site, others are not. Knowing who has a qualification would be helpful in case we need to find cover but there is no expectation that this would be a regular commitment.

Want to get qualified in Emergency First Aid?

20 April 2009 at Swim House, Portslade, for more information on how to get booked on please contact Colin Parker-Chance on 01273 733968 or email [info@paviliontraining.com](mailto:info@paviliontraining.com)

or

Want to get qualified in First Aid at Work? 15-18 June 2009 at University of Brighton, Eastbourne, for more information on how to get booked on please contact Nik Stroud on 01273 642126 or email on ns22@brighton.ac.uk

## Blood, Sweat and Gears

On 14 February when most people's thoughts were on cards and chocolates a hardy cohort of cyclists took to the roads of West Sussex and tackled the 100km (62 miles) Worthing Winter Warmer bike ride, which is promoted by Worthing Excelsior and is part of long distance cycling's governing body Audax UK's annual calendar. Although these events are not races and people ride them with the primary objective of getting round, the time spent in the saddle makes them a true test of endurance. In amongst this year's peloton were 2 Otters and 4 parents. Robert Downham reports that the route is a hilly one and the cold air temperature on the day made it all the more difficult. Furthermore ice meant some of the minor roads were tricky to ride on in the early stages. **Rob** completed the course in an impressive 4½ hours including stops at control points and refreshments. The Maloney Crew of **Neale, Ann and Sam** also completed the course successfully along with new member, **Kurt and his Dad, Ben**. Audax is Latin for 'bold', and this must surely be the minimum requirement for anybody taking up such a challenge whatever your age but when you are under 16 the achievement is all the more impressive. Congratulations to everybody who completed the ride and especially well done to Sam and Kurt, who as the youngest participant on the day deserves much respect for a great job well done.

## VOLUNTEERING

As a small club we are holding our own pretty well but if we want to expand or even ensure our long term survival we do need to recruit more people to help with the running of the Club. Volunteering sounds a bit open ended but there are a variety of tasks that are necessary but not that time consuming. The aim is to find a role that fits the individual's other commitments but provides vital cover or gives added value to the Club's operation. Please contact Julian if you think you could help. For those that do feel able to assist, the Club offers some incentives because although the satisfaction of helping the athletes to enjoy their sport is a reward in itself, we never take the act of giving up time to lend us a hand for granted. For helping out in a general way over a period of time the management group offers an item of club kit of your choice for either yourself or a family member. The Club will pay the annual subscription to Triathlon England for anybody who qualifies as a BT Coach and agrees to lead at least one session a month. As well as ensuring the coach is adequately insured it gives the individual the benefit of reduced race entry fees if s/he is a competitive triathlete him/herself. Worthing Borough Council provides some assistance with training fees and the Club will consider all requests for help with the costs.

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## INTENT TO RACE FORM

I/We hope to take part in the following races this summer (*please put a cross in the box of each event that you intend to go to*) and please indicate if you could offer a lift to other members.

		Enter the race	Offer a lift	How many
Steyping Aquathlon	13 <sup>th</sup> April			
<i>Hamble Aquathlon (reserve date)</i>	<i>19<sup>th</sup> April</i>			
Deal Triathlon	23 <sup>rd</sup> May			
Arun Triathlon	13 <sup>th</sup> June			
Chichester Aquathlon	19 <sup>th</sup> July			

Athlete's Name.	
Athlete's Name.	
Athlete's Name.	.

A club coach or management group member will be present at each of these events to offer advice and encouragement.

***Please remember that it is the athlete's responsibility to apply to enter and pay all entry fees.***

**PLEASE POST OR EMAIL THE FORM TO OTTERS HQ BY 15 MARCH 2009**

**5 Nepfield Close  
Findon  
West Sussex  
BN14 0SS**

**Email: [worthingotters@aol.com](mailto:worthingotters@aol.com)**